

## **Chocolate Soup for the FCS Soul**

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FCS teachers are both victims and therapist in threatening times

As victims, we begin to show signs of stress ourselves!

Emotional issues range from: difficulty sleeping to Post Traumatic Stress Disorder

Characterized by: Intrusive thoughts, avoidance, heightened reactivity

New Disorder: Secondary Traumatic Stress Disorder

Obviously, we need to care for selves in order to continue as caregivers

### **13 signs of burnout, by Henry Neils:**

1. Chronic fatigue-physically run down
2. Anger
3. Self criticism
4. Cynicism, negativity, and irritability
5. A sense of being besieged
6. Exploding easily at small things
7. Headaches & stomach problems
8. Weight loss or gain
9. Sleeplessness and depression
10. Shortness of breath
11. Suspiciousness
12. Feelings of helplessness
13. Increased degree of risk taking



### **5 R's of Stress Management:**

Restructure your thinking

Relax your body

Rejuvenate your energy

Resist known stressors

R U getting enough CHOCOLATE?

**Fight Burnout!**

Sometimes simple changes can help you avoid it!

<http://stress.about.com/od/generaltechniques/tp/toptensionacts.htm>

<http://www.assessment.com/mappmembers/avoidingburnout.asp>

<http://stress.about.com/od/tensiontamers/tp/stressreliefkid.htm>

<http://humanresources.about.com/od/orgdevelopment/l/aalaughter.htm>

<http://www.nutraingredients.com/news/ng.asp?n=64223-barry-callebaut>

<http://www.nutraingredients.com/news/ng.asp?n=61525-flavonol-blood>

<http://www.ncptsd.va.gov/facts/disasters>

<http://www.craftsayings.com/sayings/chocolate.shtml>

**Soul Savers: Practical Tips for FCS Teachers**  
**(To simplify what we do)**  
Tip Sharing email list serve

Follow the instructions at the following website to subscribe to the list serve:

<http://lists.suu.edu/mailman/listinfo/fcssoulsavers>

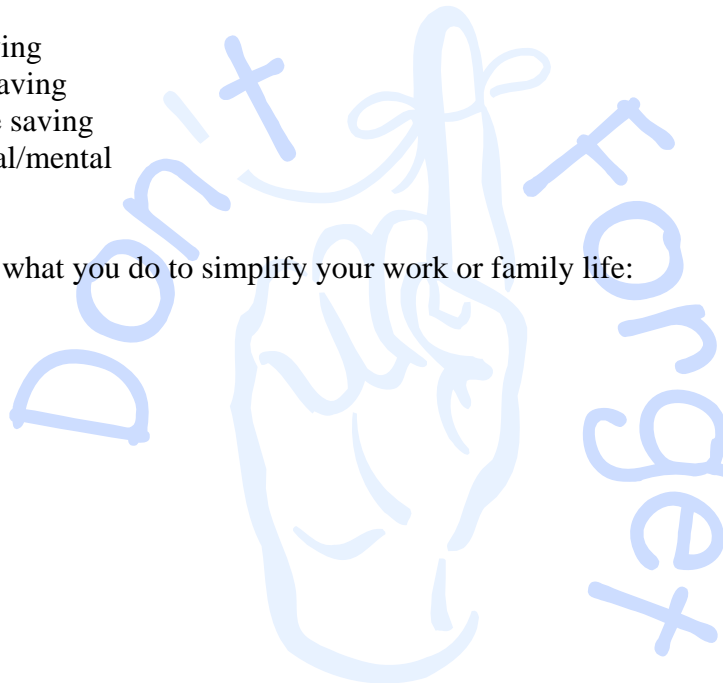
When you receive confirmation that you are on the list serve, post the following information:

Name:

Type of tip:

Time saving  
Energy saving  
Resource saving  
Emotional/mental

Describe briefly what you do to simplify your work or family life:



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